



Post-Secondary

Life after Philemon

What challenge do you want to work on?

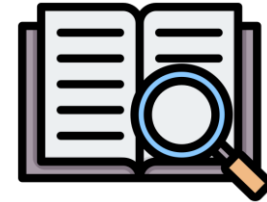
Amanda Barnes M.Ed. c.o. CCC



Let's take the pulse!

- How are we feeling?
 - Excited?
 - Nervous?
 - Terrified?
 - A mix of all?
 - Others?
- All emotions are normal and helpful

Challenge mindset



/'CHalənj 'mīn(d)set/

The Challenge mindset is an approach to career exploration focused on finding challenges to tackle instead of job titles to fit into.





IMPROVE MENTAL
HEALTH



DESIGN THE FUTURE
OF TRANSPORTATION



Let's not get stuck in job titles!

- *Let's think in challenges? What challenge do you want to work on?*
- *“If you don't choose the challenges you want to work on, someone else will choose for you.” JP Michel Sparkpath*



Options for Quebec Students

- **Cegep**
- **Ontario Colleges**
- **Western Quebec Career Centre**
- **University**
- **Adult Ed**
- **Grade 12 Ontario**
- **Gap year/Work**



CEGEP
Quebec's Colleges
Tuition Free

Video –How to apply 😊

- <https://www.youtube.com/watch?v=fL07UXILJaQ>

C.E.G.E.P.s in Quebec

Colleges offer:

- 1) **Pre-University Programs** -
Prepare students for undergraduate university studies (**2 years**)
- 2) **Technical Programs** – Geared towards the labour market, and may also lead to university programs (**3 years**)
- 3) **Springboard –Bridging Program**
A program that allows you to take pre requisite courses

Admissions to CEGEP

1) Hold a Secondary School Diploma (SSD):

54 credits in total, 20 at Secondary V

- Secondary V Language of Instruction (English)
- Secondary V Second Language (French)
- Secondary IV Mathematics
- Secondary IV Science and Technology
- Secondary IV History and Citizenship Education
- Secondary IV Arts Education
- Secondary V Phys. Ed. or Culture & Citizenship of QC



Admissions

- A college may grant conditional admission to a student who **requires six credits or less** to obtain his/her Diploma
- The student must agree to obtain these credits during the first term of his/her college studies (Adult Education, Distance Education, etc.)



Pre-requisites

- To be admitted to some college programs, students must have completed **specific courses** at the secondary level (e.g. Mathematics, Physics, Chemistry, etc.)
- Students should review the necessary prerequisites for their program of choice before applying by visiting the school website.



Other Conditions

- Colleges can set special requirements for given programs (usually when limited space is available)
- Examples include:
 - Excellent grades
 - Interview or test results
 - Driver's license
 - Criminal record check



Admissions -Deadline

- Once you have decided to apply for college there are certain admission deadlines that must be observed:
- **The deadline for application is:**

MARCH 1

- Visit <https://admission.sram.qc.ca/>
Applications open January



Applications

- You choose **ONE** CEGEP, and **ONE** program of study per round, so make sure you choose carefully...
- Consult the 'Table of Available Programs' on SRAM's website

Admissions

Application Timeline:

- **March 1st** – students have applied for Round 1
- **Early April** – students will either receive an acceptance letter to their program, or will be prompted on the SRAM website to make a 2nd round choice
- **Mid-April** – deadline for 2nd round choices
- **Mid-May** – students will either receive an acceptance letter to their 2nd choice, or will be prompted to make a 3rd round choice
- **End of May** – deadline for 3rd round choices
- **Mid-June** – students will receive an answer regarding their 3rd round choice



The General Education Component

Courses common to all **Programs** (General Competencies)

Language of Instruction or Literature
[English], Humanities, Phys. Ed.,
Second Language [French]

What will Cegep look like...?

Generic First Semester Schedule

STUDY WEEK: Average 28 hours of class + 18 hours of homework

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00	French	Program specific course	Study	Program specific course	English
08:50					
09:00	Program specific course	Study	Program specific course	Program specific course	
09:50					
10:00		Study	Program specific course	Study	Program specific course
10:50					
11:00	Program specific course				
11:50					
12:00	Program specific course	English	French	French	Phys. Ed.
12:50					
13:00				Study	
13:00					
14:00	Program specific course	Program specific course	Program specific course		
15:00					
15:00	Study	Study	Study	Study	
16:00					
16:00					
17:00					
17:50					
18:00					
19:00					
20:00					
21:00	Study	Study	Study	Study	
22:00					

SRAM vs Other Applications...

- John Abbott College
- Vanier College
- Heritage College
- Champlain Lennoxville
- CEGEP de l'Outaouais
- Dawson College, Marianopolis and Champlain St-Lambert applications are completed through the school's website

FAQS...

- Do I need to submit my transcript?
- What if I am new to Quebec, currently enrolled in a pre-requisite, or in power play?
- What marks do they look at?
- What if I am missing a pre-requisite course? If I am planning on taking summer school?
- Wouldn't it be faster if I just skip Cegep?
- New Laws, BILL 101 and French what does it mean for my cegep courses?

Local Cegeps:

Right up the street!

Field trip to Heritage
November 18, 2025



**Cégep de
l'Outaouais**



Ontario Colleges



Video: How do you apply?

- <https://www.ontariocolleges.ca/en/apply>



Ontario Colleges

- These applications are completed through www.ontariocolleges.ca
- Register for an online profile to browse schools/programs and to complete your application



Ontario Colleges

- For the \$150.00 application fee, students get the choice of **FIVE** programs at up to **FIVE** different colleges
- No more than 3 programs per college are allowed
- Transcripts! For application send copy of Transcript you received in mail and this year's report cards. End of the year, need to request we send a copy of statement



Ontario Colleges

- DEADLINE FOR FIRST CONSIDERATION:

February 1st, 2026

Vocational Training Centers

Quebec Trade Programs are
Tuition Free!

Some local centers:



WESTERN QUEBEC
CAREER CENTRE



CFP des Portages-de-l'Outaouais (Asticou)
French



CENTRE DE FORMATION PROFESSIONNELLE
**COMPÉTENCES
OUTAOUAIS**

CSS Des Draveurs -French

Western Quebec Career Centre

- Part of our school board (WQSB)
- Programs: Welding, Auto Mechanics, Nursing Assistant, Secretarial Studies, Accounting, Industrial Drafting.
- Register early!
- English Vocational Centres across Quebec



WESTERN QUEBEC
CAREER CENTRE



WESTERN QUEBEC CAREER CENTRE **SCHOOL VISITS**

Wednesday, November 19th, 2025

- ✓ Visit our Welding, Health, Automobile Mechanics and Commerce departments
- ✓ Meet students, teachers and staff
- ✓ Learn more about our programs, entry requirements and funding options





Where to apply: Online for all Vocational Centers & Programs:

- <https://www.admissionfp.com/organismes-scolaires/cfp/886421/groupes>
- Choose the program and start date date, you will need your permanent code!
- Book an appointment in Guidance for support



University



University

- University of Ottawa
- St. Paul's University
- University of New Brunswick
- Memorial University



University of Ottawa

- 85+ average in top five courses
- Application deadlines vary based on programs (most are June 1st)
- Pros & Cons
- Apply at <http://www.ouac.on.ca/>
- Base Application Fee: \$156
 - For your initial 3 program choices. 50\$ per additional choice
 - Required of all applicants.



University of New Brunswick

- 2 campuses Fredericton & St. John
- Apply at unb.ca/apply
- Deadline for most programs March 31st.
- Application 65\$



Adult Ed



Adult Ed

- Students not eligible for graduation this year can sign up for Adult Ed.
- Students who have missing pre-requisites can complete them at Adult Ed.
- Must be 16 years old by June 30th
- Registration
<https://www.hulladulthoodeducationcentre.com/>



Financing your education...



Financial Assistance

- Students who wish to study full time at the college level but do not have the financial means may apply for financial assistance under the **Loans and Bursaries Program**
- The amount awarded is based on educational expenses (tuition, living, etc) and financial resources of the student and their parents
- Financial assistance is issued periodically by means of direct deposit into a student's bank account



How to apply

- Apply online at www.afe.gouv.qc.ca/
- You can complete the Assessment Calculator to get a better idea of what your loan and bursary awards may be
- Applications begin in May 2026



Useful Websites

- My Blue Print

- <https://app.myblueprint.ca/register?sdiid=WQSB>
- Career exploration website

- www.learnquebec.ca

- Free online tutoring



How can I help?

- Track credits and graduation status
 - Listen for open lunch hours
- Career exploration
 - Check out my blue print first!
- Research into programs and areas of study
- Support in finding ways to acquire pre-requisites
- Completing online applications
 - Listen for group sessions
- Financial aid applications

To book an appointment...

- *"I don't know what I want to do with my life?" appointment*

Teams or fill out a slip in Philemon Office

- *"How do I apply to...?" appointment*

After the holidays, there will be guided group sessions for cegep/college applications. All sessions will be held during lunch hour



Guidance Tips...

- **Use your personal email when creating an account**
- Transcripts – Ontario College submit twice!
- Attestation letters – submit with application if needed
- Birth certificates – if born outside of Quebec
- Apply early – seriously (insert serious emoji face here).
- Defer payment of tuition fees if needed



Upcoming events/trips

- Algonquin College Presentation
 - October 20th Period 5 (at PW all grade 11s)
- Western Quebec Career Center
 - November 19, 2025 (Permission form)
- Heritage Day
 - November 18, 2025 (Permission form)

Follow us for reminders



- @hadley_pwhs_guidance
- Guidance website
 - <https://pwhsguidance.weebly.com/>